



Presented especially for you by:

The Nutrition & Physical Activity Taskforce

For more information or to get involved
call 760.924.1830 or visit us at
www.monohealth.com

For more **recipes**, visit **Champions for Change** at
www.cachampionsforchange.cdph.ca.gov

Para más **recetas**, visite **Campeones del Cambio** en el:
www.campeonesdelcambio.cdph.ca.gov



5:15-7:30pm

**Mammoth High School
Multi-Purpose Room**

A community event celebrating healthy lifestyles
and the national movement for nutritious,
affordable, and sustainable food.

*Un evento comunitario celebrando estilos de
vida saludables y el movimiento nacional para
alimentos nutritivos, económicos y sustanciales.*

Acknowledgments

Thank you to all the individuals, agencies, and restaurants who have supported Food Day 2013. We could not have accomplished it without you!

Agencies and Staff:

Culinary Arts Students and Trish Qualls
Health Science Academy Students
and John Simeon
Kern Community College District
Mammoth Hospital
Mammoth Unified School District
Mono County Health Department
Mono County WIC
Mono County Office of Education
Nutrition & Physical Activity Taskforce

Participating Restaurants:

Lynne's Garden of Eat'n
Mammoth Mountain
Toomey's
Z-Pizza

Contributors:

Sierra Nevada Lodge
Petra's Bistro
Vons
Bleu Handcrafted Foods
Gomez's Restaurant
The Mogul
Z-Ranch
Nik-n-Willie's Pizza-n-Subs
Stellar Brew
Rocky Mountain Chocolate Factory

Food Day Program

5:15-5:45 p.m.

Registration

Appetizers and refreshments provided by
Mammoth High School Culinary Arts Students

5:45-6:00 p.m.

Welcome and Introductions by the Nutrition &
Physical Activity Taskforce

Presentations by Participating Restaurants

6:00-6:45 p.m.

Mini Health Lessons

Kathy Dolan: *Fun, Easy Exercises for the Whole Family*

Todd Hensley: *Energy Balance, Just the Facts*

Mary Pipersky: *What is Food?*

Health Science Academy Students: *75210 for Kids*

6:45-7:15 p.m.

Buffet of healthy tastings from local restaurants:

Lynne's Garden of Eat'n, Mammoth Mountain,
Toomey's, & Z-Pizza

7:15 p.m.

Raffle and final comments